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## **HEMI-SYNC® AND THE ART OF MOVING TEETH**

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I have been using Hemi-Sync for all kinds of things since my Gateway Program in 1983—concentration tapes to tackle computer manuals and read manuscripts as an editor, sleep tapes for the obvious, Focus 10 to recharge and even to get a seat on a crowded New York City subway train. In February, 1985 I made a commitment that has led me to personally experience a most startling success with Hemi-Sync.

For medical and cosmetic reasons I made a decision to wear “corrective apparatus” on my teeth for approximately 24 months. I was told that after two years of braces I would emerge from a metallic cocoon feeling it was all worth it. I did not doubt this, but did I really need to spend 24 months waiting to see the final results? If I could get myself a seat on the subway, moving teeth through solid bone with the help of Hemi-Sync would be a breeze.

I was 33 years old when I started and was surprised to learn most orthodontists think orthodontia for adults is ridiculous. I consider myself extremely lucky to have found Dr. Irving M. Skolnick, who not only believes treating adults is perfectly acceptable, but was instrumental in creating the adult orthodontia department at New York University where he still teaches. I realize now that by-passing that negativity by having an open-minded doctor helped me a great deal with what was to follow.

At my initial consultation in February 1985 the basic procedure was explained, and it sounded like a long slow ordeal. In order to be straightened, a tooth must be moved through bone. Just as a broken wrist takes 4-6 weeks to heal, so does the bone through which the tooth has been forced to move. The tooth moves a fraction of an inch, and then the bone must heal before the tooth moves again. The emphasis on healing is what first caught my attention. It seemed a perfect application of Hemi-Sync, and I started with that in mind. I used a variety of tapes—Exploring #4/*Mission-Night* ( a tape I'd recommend to almost everyone for almost any reason), *One Month Patterning* because my appointments were scheduled close to that time frame, and every now and then a Focus 12 for strong reinforcement. My mainstay was the *Mission-Night* tape because it's easy to find the time to use it, and it would put me right into sleep, where I felt my own affirmation could take hold. The affirmation is one I put together for my specific needs:

All that I am takes part in and rejoices in the positive changes occurring in this physical body, in the mouth, the teeth, the gums. There is no resistance on any level to the changes occurring. Because there is no resistance, there is no discomfort or pain. The teeth in this physical body align to their natural and

proper position. I turn over to that part of me that knows, the task of realignment. There is no resistance to this movement and the process is accelerated. The teeth are perfectly aligned and the process is assisted on every level to a greatly accelerated completion.

I'm now convinced that had I started Hemi-Sync before the braces were installed, I would not have had to live through the first few weeks of pain I did. Or at least it wouldn't have been as severe. There's an early entry in the journal I kept from that week: "Have I made a mistake? This hurts like hell." But once started I didn't have to wait long before I noticed results. My doctor, unaware of the Hemi-Sync process I was using, started commenting after the first month that he was surprised by my progress. Having been in the awkward position of explaining Hemi-Sync to people who think it has something to do with voodoo, I didn't push an explanation at my doctor. I thought I'd let the results speak, and mentioned I was using meditation, sort of like Zen and the Art of Moving Teeth. He found my explanation amusing, but said emphatically, "Whatever you're doing, keep it up. It's working!"

I was encouraged and kept it up.

Three months into treatment, I felt like everything in my mouth was exploding, shifting all at once. Speaking was a truly strange experience and it was uncomfortable in meetings, particularly with new people I was sure knew I was carrying around five or six extra teeth in my mouth. And so I added a line to my affirmation: *The acceleration of the process does not in any way affect my ability to adjust to the changes.* It helped.

At just about four months, my check-up left me quite surprised. The doctor, at that point, said he just couldn't believe it. He shook his head. "You have been a patient for not quite four months - fantastic! You're well ahead of where I thought you'd be." I was aware by then that the changes could really be seen in the mirror, and spent a lot of time checking on them.

It was, to the day, exactly five months of treatment when I finished this article for Breakthrough. The previous week I had delivered to my doctor some literature on The Monroe Institute® and a letter explaining briefly what I'd been doing. I felt it was necessary to have an honest impression from him to include here. He called after reading the material to say he was intrigued, and that he'd set aside some time after my next appointment to hear more about it. I was elated at his interest and willingness to consider the merits of Hemi-Sync.

The August appointment went well, and so did our talk. He told me that in his estimation I was at the very least six months ahead of where I should be. That adds up to nearly a year's worth of progress in only five months. He's curious about Hemi-Sync and will learn more about it, and I have high hopes that at some time, he may even recommend it to patients.

But there have been other results besides just seeing teeth move. My commitment to do this goes deeper than orthodontia and spills over into other areas of my life. It's a small triumph that encourages more thought of practical application, and my own re-examination of this tool Hemi-Sync. But something tells me that the lessons learned from this experience will continue to unfold in the coming months. I'm finding now that the tapes are, at times, almost cumbersome and that I'd rather just do it myself. I haven't eliminated tapes and don't plan to, but I like the idea that a natural flow toward independence and do-it-myself is taking over. I also find that it's now almost automatic to begin a sleep cycle by going to Focus 10. I hardly think about it anymore. The results have been interesting dreams, many remembered in detail. And closer glimpses of the learning that goes on during my sleep time. It carries over to waking time too in the form of greater clarity and just overall good feelings. I think the decision made in February 1985 was a big step toward a life-time commitment to my personal expanding awareness.

I have some months left to go with this experiment, but am extremely pleased with what has happened so far. I certainly expect to enjoy next year's fresh corn-on-the-cob harvest you can be sure of that!

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